Angels descend on province

Police say they're not too concerned about potential problems during motorcycle club's gathering PAGE 2

SINCLAIR'S GAME STILL ON TARGET

SOCCER STAR LEADS CANADIAN WOMEN INTO SUMMER GAMES IN LONDON PAGE 17

REGIONA metro®

Wednesday, July 18, 2012

News worth sharing.

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Chamblin's coaching is the difference for Riders

CFL. Coach credited with club's perfect start

JEFF MACKEY
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In his first season as head coach of the Roughriders, Corey Chamblin has led the Riders to an impressive 3-0 start — a welcome contrast to last year's 0-3 start.

After taking the helm Chamblin made some big moves in the off-season, both on the field and on the sidelines. These moves are already paying dividends with regards to players like Kory Sheets, Brendon La-Batte and Odell Willis.

Chamblin has also managed to improve the play of veteran players. After three games last year, Darian Durant had thrown three interceptions. So far this season, he hasn't thrown any.

"The coaching staff just puts me in great situations," said Durant. "Coach Chamblin talks to me all the time about just being a point guard, you know — take the pressure off myself and getting the ball to the open guys."

On the defensive side, the team is getting it done as well. So far in three games the defence has allowed 37 points, compared to the 114 they had allowed at this point last year.

The Riders will be taking on the Stampeders on Thursday in Calgary, where Chamblin will try to keep his perfect record intact.

Saskatchewan Roughriders head coach Corey Chamblin reacts during first-quarter CFL action against the Edmonton Eskimos at Mosaic Stadium earlier this season. Chamblin has been key in the Riders' 3-0 start this season. LIAM RICHARDS/THE CANADIAN PRESS

Strengthening the bond

Saskatchewan and the Yukon say working together more closely will help both regions PAGE 2

Holy catsuit, Batman!

Metro's Richard Crouse picks the most purr-fect villain of them all PAGE 10

Two killed in T.O. shooting

Police in Toronto say the level of violence Monday night was 'unprecedented' in the city's history PAGE 4

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NEWS

On the web

Make your mark with the moonwalk

Think you've got Michael Jackson's moves? Here's your chance to prove it, says music legend Berry Gordy, who will bring Motown's most influential singers to Broadway. Go to metronews.ca to read more about the making of the musical.

France's truth behind the Holocaust

France will for the first time open its Holocaust records, allowing the public to see how the deportation of the country's Jews came to pass. Go to metronews.ca to see a slideshow of the chilling records.

Mobile news

Who needs the fire brigade when all you really require these days is a neighbour with arms of steel. Scan the code to see how a heroic man rescued a girl who fell from her third-floor apartment.

Saskatchewan-Yukon relations strengthened with new accord

Brad Wall spoke at the Pacific Northwest Economic Region annual summit in Saskatoon, where he met with Yukon Premier Darrell Pasloski and signed an Intergovernmental Relations Accord. MORGAN MODJESKI/METRO FILE

Time frame. The accord with be in effect until 2017

JANE CAULFIELD
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The Saskatchewan and Yukon governments have committed to working closely together in areas of mutual interest.

After signing an Intergovernmental Relations Accord on Monday, Premier Brad Wall said that while Saskatchewan and the Yukon have their own unique needs, working together will reward each region.

"There are great opportunities to co-operate for the benefit of our citizens when we have so much in common," Wall said in a press release.

Yukon Premier Darrell Pasloski said that the regions have a lot in common, including economic growth and commitment to environmental responsibility.

"Forging closer ties will support the ongoing success of our jurisdictions," Pasloski said.

Both premiers signed the accord while they were visiting the Pacific Northwest Economic Region annual summit, which ends Thursday in Saskatoon.

The accord will be in effect until 2017.

Partnership

According to James Parker of the Saskatchewan Executive Council, the Yukon and Saskatchewan are looking to work together in a number of areas, including:

- Health care.
- Environmental protection.
- Education.
- Literacy and skills training.
- Sharing innovations and research.

Parker did say that some initiatives have already been started, but added that nothing has been solidified as of yet.

No trouble anticipated with Hells Angels run

The winged skull that has come to represent the Hells Angels can be seen outside of the Saskatoon chapter's clubhouse. MORGAN MODJESKI/METRO IN SASKATOON

The Hells Angels Canada run could bring upwards of 200 members of the club to Saskatoon. But Sgt. Paul Dawson, media-relations representative for the Saskatchewan RCMP, says they're not too concerned about the event.

"This isn't a new thing — it happens every year in different locations and we're certainly not anticipating any problems," said Dawson.

"Like any large group that comes to the province, we expect them to abide by the laws of the land and particularly if they're travelling on the highways, we expect them to abide by the traffic laws as well."

The Saskatoon Police Service (SPS) will be ramping up its presence for the event, which takes place Thursday to Saturday, calling in agencies from across the country to assist.

"We have ample numbers of police officers, both in plain clothes and in uniform from a variety of police agencies from across Canada, coming into town to make sure our officers are safe and the citizens are safe," said Kelsie Fraser, SPS media-relations specialist.

MORGAN MODJESKI/
METRO IN SASKATOON

Attendance

200

The number of Hells Angels Canada members anticipated to be in Saskatoon for the club's annual run.

Strength in numbers

- Gatherings show strength and give Angels a chance to communicate face-to-face
- Hells Angels have chapters in over 30 countries.
- Canada alone is home to 29 chapters.
- There are an estimated 4,000 Hells Angels worldwide.
- Saskatchewan has one chapter in Regina and one in Saskatoon.

New receiver

Jeffers-Harris joins Roughriders

The Saskatchewan Roughriders signed import receiver Terence Jeffers-Harris on Tuesday.

The six-foot-two, 216-pound Jeffers-Harris was added to the Hamilton Tiger-Cats' practice roster in November after spending two seasons with the Winnipeg Blue Bombers.

The 24-year-old out of Vanderbilt played in 11 games in 2010 for the Bombers, recording 48 receptions for 547 yards and four touchdowns.

Last year, Jeffers-Harris totalled 29 catches for 347 yards and two touchdowns in eight games with Winnipeg. THE CANADIAN PRESS

Executive meeting

Committee to hear from public on new stadium

The next step toward the new Roughriders stadium will take place at 11:45 a.m. on Wednesday at city hall.

Two reports related to the Regina Revitalization Initiative will be considered at an executive committee meeting.

Verbal presentations from the public on the matter will also be heard.

One report will bring the memorandum of understanding between the Province of Saskatchewan, the City of Regina and the Saskatchewan Roughriders Football Club to a vote. METRO

Metro

Apology

Metro regrets the reference to Mayor Pat Fiacco in the Urban Compass column, which ran in Monday's paper.

We intended no disrespect.

KAYLYN KYLE

From dodging gopher holes to the international arena

KICKING IT UP A NOTCH FOR THE LONDON OLYMPICS

DORIAN GEIGER
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Soccer player Kaylyn Kyle remembers kicking a ball around while dodging mosquitoes and gopher holes as a kid in Saskatoon.

Now 23, Kyle is embarking on her most monumental journey yet — the Summer Olympics in London. She says she is elated about having the chance to represent Canada in the United Kingdom.

"I think I'm the luckiest girl in the world," she said in an email from Switzerland, where Team Canada is training before heading to London in a few days.

A former U of S Huskie and Bishop James Mahoney midfielder, Kyle plays for the Vancouver Whitecaps women's team, but she has not forgotten her Prairie roots, which she says helped forge her resilience as a professional soccer player.

"Not only do I get to represent my country, but also, every time I put on that jersey and listen to our national anthem, I'm representing Saskatchewan and everyone who helped me get where I am today. It's something you can't buy and something I will never take for granted."

No place like home

"I always miss it, except for the cold winters."

Kaylyn Kyle, on being away from Saskatchewan

In her professional career, Kyle has competed in two FIFA U-20 Women's World Cups, travelling from Guadalajara, Mexico, to Moscow and Chile. The only thing she doesn't miss about Saskatchewan is the unforgiving winters.

"When you grow up in a place like Saskatchewan, it's hard not to miss it when you can barely go back. I have a lot of amazing friends and family there."

Apart from athletics, Kyle is a fashion enthusiast and hopes to get into fashion design after her professional soccer career.

Who are your favourite soccer players and team?
Lionel Messi and FC Barcelona, or Sergio Ramos and Real Madrid.

What's your favourite soccer movie?
Green Street Hooligans.

What's on your iPod?
I'm usually known for my Euro dance music, but I have a variety of mixes.

Since the Canadian men's soccer team failed to qualify for London, which men's team will you cheer for?
That's a tough one. I haven't even looked into the other teams that will be competing, but probably the U.K. men's team. It would be cool to win it on home soil.

Kaylyn Kyle looks for an opening during a recent Olympic-qualifying match at BC Place Stadium in Vancouver. CONTRIBUTED/CANADA SOCCER/MEXSPORT DAVID LEAH

Kelly Parker battles with Brazilian midfielder Rosana Dani Formiga last October at the Pan American Games in Guadalajara, Mexico. CONTRIBUTED/CANADA SOCCER/ MEXSPORT JORGE REYES

KELLY PARKER

Sisterly love helps propel Parker to London

PARKED IN THE INTERNATIONAL SOCCER LIMELIGHT

Preparing to compete at the London Olympics, Regina-born soccer player Kelly Parker has drawn inspiration from her twin sister, Alison.

"As kids we used to spend hours in the front yard playing soccer," Parker said on the telephone from Switzerland. "It would be dark and that would be the only way we would come in. She has also been one of my most amazing supporters."

Apart from representing Canada 15 times on the international stage, Parker, 31, has made a name for herself in U.S. soccer circles, too, playing with the Atlanta Beat, FC Indiana and Buffalo Flash. But playing for the University of Texas in El Paso is what really stands out for Parker.

"I love El Paso and have a special place in my heart for it. It was more like Mexico than Texas. Our women's soccer team had 2,000 and 3,000 people at our games."

Parker and midfielder Kaylyn Kyle are the lone Saskatchewan players on Canada's team. Parker enjoys their Saskatchewan camaraderie.

"Saskatoon's not a huge soccer city and I knew her sister growing up," she said. "It's really cool. My family is coming to the Olympics and so is hers, so it's going to be a big Saskatoon party."

Since Parker's graduation from Evan Hardy Collegiate, women's soccer has ballooned in Saskatoon.

"It absolutely has. I don't get to go home that often, but Kaylyn and I always talk about how women's soccer has exploded in Saskatoon."

The Canadian women's team faces off against Japan in London on July 25.

How far can you kick a soccer ball?
In college I tried kicking field goals with a football and hit a 40-yarder. I tried it with a soccer ball and it was easier, so probably about 40 yards.

What's the craziest celebration you've done after scoring a goal?
I've been planning one. I'm not a prolific goal scorer but I might be saving the Tim Tebow for one of my goals. It could be controversial.

If you could steal one attribute from your twin sister, what would it be? I would love to take her height. She has a couple of inches I could use.

DORIAN GEIGER/METRO

Police suspect Toronto shooting that left 2 dead was gang-related

23 wounded. Police described shootout, which involved multiple guns, as an 'unprecedented' episode of violence

Shyanne Charles TORSTAR NEWS SERVICE

Toronto police were sending reinforcements Tuesday to a diverse east-end neighbourhood as they vowed to relentlessly root out the gunmen who opened fire at a bustling block party, killing two people and sending two dozen others to hospital.

About 200 people were at the barbecue held outside a community housing complex Monday night when gunmen started shooting after an altercation in what police are calling the worst incident of gun violence in the city's recent history.

Homicide detectives identified the two people killed as 14-year-old Shyanne Charles of Toronto and 23-year-old Joshua Yasay of Ajax, Ont.

Police said 23 others were sent to hospital with gunshot wounds, including a 22-month-old child who was grazed by a bullet and is in stable condition. One person was trampled in the stampede that followed.

Some of the wounded, aged between one and 33 years old, have been treated and released. One man remains in critical condition in hospital, police said.

Messages of grief quickly appeared on social media even as some hinted the deaths could spur more violence. "The hood gained another angel to look over us, RIP," one person wrote on Twitter.

Police Chief Bill Blair said police suspect the shooting was gang-related.

"We believe from information that we have received to date that this altercation involved two individuals and as a result there was an exchange of gunfire," Blair said at a news conference.

Police have asked for anyone with video or photos of the incident to send them in. THE CANADIAN PRESS

Neighbours watch as police walk by on Tuesday near the scene of a shooting where two were confirmed dead and 23 others wounded at an outdoor barbecue in Toronto Monday night. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Boy Scouts stick with ban on gay members

After a confidential two-year review, the Boy Scouts of America on Tuesday reaffirmed its policy of excluding gays, angering critics who hoped that relentless protest campaigns might lead to change.

The Scouts cited support from parents as a key reason for keeping the policy and expressed hope that the prolonged debate over it might now subside. Bitter reactions from gay-rights activists suggested that result was unlikely.

The Scouts' national spokesman, Deron Smith, said an 11-member special committee, formed discreetly by top Scout leaders in 2010, came to the conclusion that the exclusion policy "is absolutely the best policy" for the 112-year-old organization.

One protest campaign involves Jennifer Tyrrell, the Ohio mother of a seven-year-old Cub Scout, who was ousted as a Scout den mother because she is lesbian. THE ASSOCIATED PRESS

Jennifer Tyrrell and her son Cruz. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Union outraged after bomb-threat accusation

Allegations that disgruntled Canadian border agents may have been behind a bogus bomb threat that forced Canadian and U.S. authorities to close the Ambassador Bridge for several hours are "baseless," leaders of the union representing the agents said Tuesday.

The bomb threat, the second in recent days, was called in Monday evening to authorities on the U.S. side of the bridge that links Detroit with Windsor.

In numbers

1,300

The Canada Border Services Agency announced cuts of about 1,300 jobs across Canada in April.

In a news release issued shortly after the incident, the Detroit International Bridge Company, which owns the Ambassador Bridge, said it suspected the bogus threat had "something to do" with announced job cuts at the Canada Border Services Agency.

"We cannot confirm, but suspect, that this has something to do with Canada's disinvestment at the border by cutting back on customs agents," read the statement.

Jason McMichael, vice-president of the Customs and Immigration Union, said he was outraged at the suggestion. THE CANADIAN PRESS

Suspicious powder

Letter addressed to Magnotta snarls postal service

An envelope addressed to murder suspect Luka Rocco Magnotta caused a major shutdown Tuesday at a bustling Canada Post sorting centre in Montreal.

The president of the union local says police were called to the distribution centre after an employee spotted an envelope addressed to Magnotta.

Alain Duguay says police found a white powdery substance inside the envelope.

The incident prompted a lockdown at the centre and four employees were treated for what Duguay described as psychological reactions. THE CANADIAN PRESS

Free speech?

U.S. court upholds conviction of man for aiding suicides

A Minnesota appeal court has upheld the conviction of a former U.S. nurse who scanned online chat rooms for suicidal people and then gave a young Canadian woman and a British man instructions on how to kill themselves.

William Melchert-Dinkel, 49, has acknowledged what he did was morally wrong but argued he had exercised his right to free speech. But the Minnesota Court of Appeals said the First Amendment does not bar the state from prosecuting someone for telling suicidal people how to kill themselves. THE ASSOCIATED PRESS

Navy intelligence

Officer accused of espionage elects trial by judge, jury

A Halifax navy intelligence officer accused of espionage has elected to be tried by a judge and jury in Nova Scotia Supreme Court.

A lawyer for Sub-Lt. Jeffrey Paul Delisle was in provincial court in Halifax on Tuesday to make the election for his client, who faces two charges of passing information to a foreign entity that could harm Canada's interests.

Mike Taylor said he and the Crown were trying to come up with dates for a three-day preliminary inquiry, which might not take place until late this fall or early 2013. THE CANADIAN PRESS

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Syria. Violent clashes spreading in Damascus

Intense clashes between Syrian rebels and government forces backed by helicopters spread to new areas of the capital Damascus Tuesday, including a brief firefight near Parliament. It was the third straight day of fighting that has posed an unprecedented challenge to government rule in the seat of President Bashar Assad's power.

The violence is the most widespread and sustained fighting in the capital since the Syrian uprising began 16 months ago.

Terrified families were fleeing the city or said they were prepared to leave at a moment's notice. Residents said they were packing "getaway bags" in case they had to run for their lives.

"My bag has my family's passports, our university degrees, some cash and medicine," said a 57-year-old father of two told The Associated Press, asking that his first name not be used for fear of reprisals. "It is very hard to imagine leaving your home and everything you worked to get, but it's a matter of life and death."

The clashes broke up quickly as the rebels fled, but were a significant indicator of the rapidly spreading violence and the deep reach of the rebels. THE ASSOCIATED PRESS

Videos

An amateur video showed two armoured personnel carriers with heavy machine guns on top along with troops who were said to be advancing in an empty road toward Midan.

- Another video showed a military helicopter flying over the Damascus neighbourhood of Qaboun. The authenticity of the videos could not be independently verified.

Nasa Indians demand soldiers stay off their land

Nasa Indians drag off a soldier in Toribio, southern Colombia, Tuesday. Dozens of Indians attacked half-a-dozen soldiers guarding communication towers on the outskirts of the town. Indians have demanded that security forces and leftist rebels stay off their land. WILLIAM FERNANDO MARTINEZ/THE ASSOCIATED PRESS

Pakistan. WHO doctor working with anti-polio campaign hit by gunfire

Gunmen in the Pakistani city of Karachi opened fire Tuesday on a vehicle carrying a doctor working with the World Health Organization on an anti-polio campaign, wounding him in the stomach, the organization said.

The head of the World Health Organization's polio-eradication program in Pakistan, Dr. Elias Durry, said the doctor is an international volunteer helping supervise the project. He said the man underwent surgery in Karachi.

Pakistan is in the middle of a campaign to vaccinate children under five. Taliban militants in northern Pakistan have barred the vaccination campaign from territory under their control, saying it can't go forward until the U.S. stops drone strikes.

In a statement, WHO said the attack did not appear to be specifically targeting the doctor.

"At this point, there is no evidence to suggest that this was a deliberate or targeted attack against polio-eradication efforts or WHO," the Geneva-based organization said.

Pakistan is one of only three countries where the disease is endemic. The virus usually infects children living in unsanitary conditions, attacks the nerves, and can kill or paralyze. THE ASSOCIATED PRESS

Pakistani health worker Naela Emanuel gives a polio vaccine to a child in a Christian neighborhood in Islamabad Tuesday. THE ASSOCIATED PRESS

Guantanamo Bay

Judge won't budge on bombing trial

The U.S. military judge presiding over the war-crimes trial of a Guantanamo Bay prisoner charged in the deadly attack on the USS Cole rejected a motion Tuesday that he remove himself from the case. Lawyers for Abd al-Rahim al-Nashiri said they don't believe army Col. James Pohl can be impartial. THE ASSOCIATED PRESS

NATO troop supplies

Pakistan poised to sign deal with U.S.

The U.S. and Pakistan are close to signing an agreement regulating the flow of NATO troop supplies in and out of Afghanistan, codifying a somewhat informal arrangement that has fuelled the Afghan war over the past decade, U.S. officials said Tuesday. THE ASSOCIATED PRESS

Draft feud divides Israel's coalition

Military. Prime Minister Benjamin Netanyahu loses key Kadima Party votes

Opposition

"We are going back with our heads held high to lead the nation in the opposition."

Kadima Party Leader Shaul Mofaz

Israel plunged toward a political crisis Tuesday after the largest member of the government quit, leaving Prime Minister Benjamin Netanyahu in charge of a hard-line coalition opposed to most Mideast peace moves.

The moderate Kadima Party voted to pull out of the government just two months after joining. The move appeared to push the country closer to early elections, a scenario that would paralyze Mideast diplomacy for months.

Even if Netanyahu manages to hold the truncated coalition together, the sudden crisis has broader implications for Mideast peace, leaving him in charge of a narrow parliamentary majority dominated by religious and nationalist hardliners who oppose concessions to the Palestinians.

Kadima Leader Shaul Mofaz had brought the party into the coalition to work with Netanyahu on ending a contentious, decades-old system that has granted draft exemptions to tens of thousands of ultra-Orthodox Jewish seminary students. But with a court-ordered Aug. 1 deadline looming, the sides were unable to forge a compromise.

Mofaz said he tried to forge a "new social contract," but was presented with "red lines" that couldn't be crossed.

Kadima is the largest party in Israel's parliament, winning one more seat than Netanyahu's Likud Party in the last election, but it was left outside the government when Netanyahu set up his original hard-line team.

The draft exemptions have caused widespread resentment among Israel's secular majority, who are required to perform two to three years of compulsory service. Ultra-Orthodox leaders have been equally adamant in their refusal to compromise, claiming their young men serve the nation through prayer and study. THE ASSOCIATED PRESS

Air force sex scandal goes to trial

A U.S. military jury Tuesday began hearing the case of an air force sergeant who faces the most serious charges in a widening sex scandal at the base where every American airman reports for basic training.

Staff Sgt. Luis Walker is among 12 instructors at Lackland Air Force Base in Texas who are being investigated, and faces the most serious charges — 28 counts, including rape, aggravated sexual contact and multiple counts of aggravated sexual assault. He could get up to life in prison and a dishonourable discharge if convicted.

Six of the 12 instructors under investigation face charges ranging from rape to adultery. At least 31 female trainees have been identified as victims.

The 10 female recruits Walker is accused of either sexually assaulting or engaging in inappropriate sexual conduct with are expected to testify.

Maj. Naomi Dennis, one of Walker's attorneys, told jurors there is no evidence to substantiate the charges against Walker and suggested to jurors that the women may have made up the charges. THE ASSOCIATED PRESS

U.S. air force Staff Sgt. Luis Walker is seen on break during his court martial at Lackland Air Force Base Monday in Texas. THE ASSOCIATED PRESS

An archive front page of Le Matin reading: "Jews must wear the yellow star starting June 7."
REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Chilling records of Jewish deportation exhibited in France

Second World War. One of the worst incidents in France's history, unknown to much of the younger generation, gets exposed

They are among France's darkest days: Police dragged more than 13,000 Jews from their homes, confined them in a Paris cycling stadium with little food or water, and then deported them to their deaths in the concentration camp at Auschwitz. But even in France, one of the most brazen collaborations between authorities and the Nazis during the Second World War is unknown to many in the younger generation.

Police are hoping to change that, opening up their archives on France's biggest single deportation of French Jews for the first time to the public on Thursday.

The often chilling records are being exhibited in the Paris Jewish district's city hall to coincide with the 70th anniversary of the two-day "Vel d'Hiv" roundup, named for the Velodrome d'Hiver, or Winter Velodrome. Many thousands were rounded up on July 16 and 17, 1942, then holed up in miserable conditions in the stadium, just a stone's throw from the Eiffel Tower, before being bused to the French camp at Drancy and then taken by train to Auschwitz.

France struggled for years to come to terms with the extent of its wartime collaboration with the Nazis, but over the decades officials have been showing greater willingness to acknowledge the shameful period in its history.

"This is our history, it's vital for the country to know," said curator Olivier Accarie. "Today, we are ready to confront this."
THE ASSOCIATED PRESS

Dark past

- Tallies list the daily count of men, women and children detained, alongside stark black-and-white photographs of deportees.
- A registry of those forced to wear the yellow star and a Jewish census show how police knew who to take.
- Meticulous handwritten lists detail personal possessions handed over to police. Others list the value of property, such as jewelry, confiscated — often forcibly — during the deportation.

A day to honour Nelson Mandela

Former U.S. president Bill Clinton and his daughter Chelsea visited Nelson Mandela in his home village in South Africa on Tuesday, the eve of the anti-apartheid icon's 94th birthday.

Mandela, increasingly frail, no longer appears in public. Clinton visited his homestead in Qunu, the southeastern village of his birth, and spent more than 90 minutes there. He declined to speak with reporters afterward.

Photographs tweeted by a member of Mandela's family showed him comfortably seated in an armchair with a blanket over his knees and flanked by the Clintons and his wife, Graca Machel.

Earlier, Clinton toured the village and visited a museum display dedicated to Mandela's life as a towering figure in his nation's history that included a display of children's art honouring him. The Clintons and Machel each planted an avocado tree, an African symbol of growth and sustenance.

On Wednesday, South Africa and supporters around the world celebrate Nelson Mandela International Day. Millions dedicate 67 minutes of the day to community work and projects for the needy to mark Mandela's 67 years in active politics.

A giant mosaic portrait of former South African president Nelson Mandela. THE ASSOCIATED PRESS

Volunteers are building 67 homes for people in shanties and schoolchildren across South Africa will celebrate him by singing Happy Birthday. A tattoo parlour is looking to make its permanent mark — by tattooing 67 people with an image of Mandela.

In Pretoria, the tattoo parlour will donate the proceeds from its clients to charity.

On Constitution Hill in Johannesburg, South Africa's commercial capital, local artist James Delaney has created an artwork mosaic of Mandela using coffee cups. Other activities will include book collections, sanitary pad distribution to impoverished women, and community clean-ups of schools, hospitals and clinics and other public facilities.

Hairdressers in Johannesburg have even volunteered to do the hair of underprivileged children as a special Mandela birthday treat on Wednesday.

South African President Jacob Zuma recalled Feb. 11, 1990, when Mandela walked free from 27 years in apartheid-era jails for his political activism.

"That was the day South Africa changed," he said.
THE ASSOCIATED PRESS

Lasting legacy

Mandela became the first black president after the first democratic, all-race elections in 1994.

- "From the 1940s until the dawn of freedom, he inspired millions of our people to fight relentlessly to bring about freedom, democracy, peace and stability," South African President Jacob Zuma said in a birthday tribute released Tuesday.

Austerity protested in Spain

Demonstrators shout slogans condemning recent austerity measures announced by the Spanish government, during a protest in front of the Finance Ministry in Madrid on Tuesday. Spain raised $4.4 billion US in short-term debt at significantly lower interest rates Tuesday in the first debt auction since the government unveiled the austerity package — a rare bit of good news offset by more angry rallies over so much belt-tightening. EMILIO MORENATTI/THE ASSOCIATED PRESS

On the road

Clinton smashes travel record

Since becoming secretary of state in 2009, Hillary Rodham Clinton has logged 351 days on the road, travelled to a record 102 countries and flown a whopping 1,357,964 kilometres, according to the U.S. State Department.
THE ASSOCIATED PRESS

Award

Suu Kyi will head to U.S.

Myanmar opposition leader Aung San Suu Kyi said Tuesday she will accept an award in the United States in September, making her first U.S. trip in at least two decades.
THE ASSOCIATED PRESS

At least 11 shot

Bar shooting was targeted: Police

U.S. police say a gunman who fired into a crowded Alabama bar with a military-style assault weapon and hit at least 11 people was targeting someone.

Police say the gunman used the weapon to fire on the crowd from outside the bar.
THE ASSOCIATED PRESS

Canadian credit card users may face higher costs

Extra fees. Canadian retailers currently absorbing transaction charges when customers use their Visa or MasterCard

Canadian shoppers who use credit cards may soon find themselves slapped with extra fees, if retailers win a fight against being stuck with transaction charges from Visa and MasterCard.

Retail organizations renewed their calls Tuesday for Ottawa to loosen credit card regulations following a landmark ruling south of the border that could have implications for a case that will be decided by a federal tribunal later this year.

Last week, a landmark settlement in the United States between Visa, MasterCard and merchants thrust the debate back into the spotlight in Canada.

The two credit card companies, as well as several major banks, reached an agreement to pay U.S. retailers at least $6 billion US to settle a long-running lawsuit that alleged the card issuers conspired to fix the fees that stores pay to accept credit cards.

The Canadian Federation of Independent Business (CFIB), which has more than 100,000 member businesses across Canada, is calling for changes to the federally regulated code of conduct that would allow retailers more rights, including the ability to make credit card users pay a surcharge or refuse credit cards at their stores.

The CFIB wants merchants to have the ability to add surcharges on credit card users that would counteract the transaction fees charged by some credit card companies

Competition Bureau

- The Competition Bureau argues that restrictive contracts by Visa and MasterCard allow the two credit card companies — which represent 92 per cent of the market — to essentially dictate terms to merchants.
- The tribunal has the power to force credit card companies to change their operations, but it cannot levy a monetary penalty in the case. A decision is expected later this year.

Currently Visa and MasterCard rules state that merchants cannot levy any surcharges on credit card users, forcing retailers to absorb the cost of usage themselves.

THE CANADIAN PRESS

Bernanke not bullish on the U.S. economy

U.S. Federal Reserve Chairman Ben Bernanke's testimony before Congress is shown on a television screen on the trading floor of the New York Stock Exchange Tuesday. Bernanke offered a sour assessment of the U.S. economy and said the Federal Reserve is ready to take further action if growth doesn't pick up. But Bernanke provided no clues about what steps the Fed might take. RICHARD DREW/THE ASSOCIATED PRESS

Little mice vs. big pharma

Michel Vandenbosch, head of the animal-rights group Gaia, displays some fake mice as he stages a protest in front of a local branch of the international pharmaceutical company Ipsen, in Merelbeke, Belgium, on Tuesday. Protesters are demanding that Ipsen stop using mice for testing its Botox brand. YVES LOGGHE/THE ASSOCIATED PRESS

Debt. Higher interest rate would be trouble for many Canadians: Survey

Canadians who are worried about the amount of interest they pay for borrowing money could be relieved to hear the central bank decided Tuesday to keep its benchmark rate at a relatively low level of one per cent until at least the fall.

But a recent survey, which found a significant interest-rate hike would pose a challenge to nearly half of those polled, highlights the need for better financial literacy.

Of the 1,000 Canadians randomly sampled by Harris Decima via telephone, 48 per cent of them said a significant interest-rake hike would make it difficult for them to keep up with mortgage or debt payments.

By the numbers

48%

48 per cent of the 1,000 Canadians sampled for the survey said a rate hike would make it difficult to keep up with payments.

The study came out as the Bank of Canada announced Tuesday that it will keep its key interest rates low at least until the next policy meeting in September.

The survey, commissioned by the CICA, found that roughly 60 per cent of those surveyed save less than 10 per cent of their monthly income.

THE CANADIAN PRESS

Yahoo CEO's pregnancy reignites debate

"Another piece of good news today," tweeted the expectant mom, announcing to her online followers that she and her husband are expecting a baby boy.

But this wasn't just any excited mom-to-be. This was 37-year-old Marissa Mayer, the newly named CEO of Yahoo — obviously a huge achievement for anyone, but especially for a woman in the male-dominated tech industry. And she was about six months pregnant, to boot.

Was it a watershed moment in the perennial debate over whether women can "have it all," with the pendulum swinging happily in the positive direction?

Or was it, as some claimed in the inevitable back-and-forth on Twitter, actually a development that would increase pressure on other working moms, who might not have nearly the resources that Mayer does, in terms of wealth, power, talent and flexibility on the job?

Or was it even sexist to raise the question at all? Would anyone be saying anything if the new Yahoo CEO were an expectant father?

What was clear was that Mayer's situation as a pregnant CEO of a Fortune 500 company is not only rare, but probably unique. She becomes only the 20th current female CEO of a Fortune 500 company, according to Catalyst, an organization that tracks women's advancement in the workplace. If it sounds like a lot, it's not; that's only four per cent of Fortune 500 chiefs.

Even a cursory look at the other current female Fortune 500 CEOs shows that the vast majority are well into their 50s, and thus presumably well out of maternity-leave territory.

THE ASSOCIATED PRESS

Yahoo CEO Marissa Mayer
THE ASSOCIATED PRESS

Tech trends

Thinner screen for next iPhone?

A published report says the new iPhone will have a thinner screen. That could leave more room for a larger battery.

The Wall Street Journal is citing unnamed people familiar with the matter in reporting that the new iPhone will have a screen that can sense touches without the need for a separate, touch-sensitive layer.

Tuesday's report says that would shave off half a millimetre from the thickness of the screen.

THE ASSOCIATED PRESS

Market-rate scandal

Bank governor testifies on LIBOR

The governor of the Bank of England said Tuesday that U.S. authorities did not show him any evidence of manipulation of a key market rate when they raised concerns in 2008.

Mervyn King told a House of Commons committee that during the 2008 financial crisis, there was widespread concern about what the LIBOR was indicating about the state of banks. However, there were no fears being voiced about misreporting.

THE ASSOCIATED PRESS

Real estate

National Bank lowers some mortgage rates

National Bank has lowered some of its shorter-term fixed residential mortgage rates.

The bank dropped its two-year closed rate by two-tenths of a percentage point to 3.35 per cent. Its one-year rate was lowered by four-tenths of a percentage point to 3.5 per cent.

The bank's six-month rate fell more than four-tenths of a percentage point to 4.45 per cent.

THE CANADIAN PRESS

Market Minute

DOLLAR 98.76¢ US (+0.21¢)

TSX 11,571.19 (+50.02)

OIL $89.22 US (-79¢)

GOLD $1,589.50 US (-$2.10)

Natural gas: $2.796 US (-1¢)
Dow Jones: 12,805.54 (+78.33)

SPAM — ONE OF THE WORLD'S WONDERS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Let the bells ring out! Let the banners fly!

It's the 75th anniversary of Spam, the canned lunch meat that tastes like dog food. (Quickly, lest the Hormel people get offended, we're talking high-quality dog food.)

Back in the dietary Dark Ages, I literally grew up on the stuff and its legion of imitators (Spork, etc.). The gelatinous goop that came with it made me gag, but vapourized nicely when the Spam was fried, and fried Spam and fried eggs with fried potatoes was a common staple, along with anything else that could be fried.

Too often around our house, it resembled that legendary Monty Python sketch set at the Green Midget Café, where all the dishes came with Spam (e.g. Spam, Spam, Spam, Spam, egg and Spam), prompting an outraged customer to ask: "Don't you have anything without Spam in it?" while a band of Vikings belted out a rousing chorus of "Spam! Spam! Spam! Wonderful Spam!"

Made from ...

"Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham."

Not sure how the Vikings ended up in a sketch about Spam.... Oh, those Monty Python guys.

If you have a tender tummy, you might want to skip over this next bit. Spam now comes in 13 varieties, including jalapeno, cheese, hickory smoke, and for a limited time (to celebrate the Broadway opening of Spamalot), golden honey grail and stinky French garlic.

Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham. It was launched to a hungry, Depression-rattled nation on July 5, 1937, and since then more cans of Spam have been sold than there are people on Earth. That's a lot, more than seven billion and counting. If you slice it thin, you can feed a horde of Vikings on a single can, which retails for an average price of $2.97. Just add Kraft Dinner, spread ketchup over the whole thing and bon appétit!

While fastidious vegan locavores may turn up their noses, people in Guam can't get enough Spam, consuming more than 16 cans per person per year, according to that estimable journal of record, Time magazine. Sadly, 60 per cent of deaths in Guam are directly attributable to poor diet and lifestyle. Score one for fastidious vegan locavores.

For those who can't get enough of this stuff, there's the annual Spam Jam in Honolulu, another Spam hot spot. The 10th annual edition was held on April 28, where aficionados chowed down on Spam-fried rice loco moco or Spam nachos at Jimmy Buffett's.

Hey, it's a lifestyle. Just not a long one.

Spam, the often-maligned classic canned lunch meat, supports frugal grocery budgets. DAVID MCNEW/GETTY IMAGES

Come on, just grin and bear it

STEVE MORGAN/GREENPEACE

Environment campaign

'Polar bear' arrest at U.K. gas station

This "polar bear" activist got a frosty reception from police after Greenpeace targeted Shell gas stations in Edinburgh (pictured) and London.

Campaigners believe the Arctic ecosystem is being threatened by oil exploration. Greenpeace said it used an emergency shut-off switch to stop gas to the pumps at one station in Scotland.

METRO

One side says ...

"An oil spill in the Arctic would be catastrophic for wildlife such as walruses and whales. The Arctic must be saved, and made a global sanctuary where oil drilling is banned."
Sara Ayech, climate and oil campaigner at Greenpeace

The other side says ...

"Shell recognizes that certain organizations are opposed to our exploration program Offshore Alaska and we respect the right of individuals and organizations to engage in a free and frank exchange of views about our operations."
Spokesperson for Shell

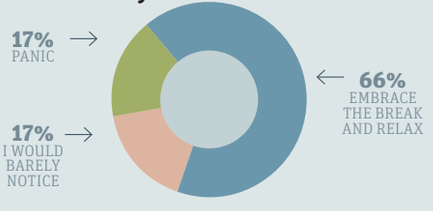
Arctic's arsenal

- **Hunting for oil.** Shell is due to begin drilling at two offshore sites in the Alaskan Arctic in the coming weeks. Russian oil giant Gazprom is also venturing into the Arctic this year.
- **Untapped resources.** The Arctic holds 13 per cent of Earth's undiscovered oil reserves and 30 per cent of its undiscovered natural gas, the U.S. Geological Survey says.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do if your Internet went down for the day?



Twitter

@alyjohnsonb:
Well the first few bites are amazing. The tortillas are too small and make it awkward to eat but the flavors are spot on @flipeatery #yqr

@pensezvous:
The slugs & mushrooms will be happy but it can now stop raining! #yqr #soggy

@laicos360:
What to do with energetic kids in the rain? Visit Science Centre

@tpokoyoway:
why does a new stadium say, we have arrived? Why not top of the line hospitals, schools and infrastructure? #yqr

@SKCDP:
Pennies all over the pavement at the corner of 13th and Lorne. Beautiful shining in the rain. Picked one up for luck. #yqr

@karasshaw:
Heading to #yqr today to hang out with my #mom. I sure wish it wasn't raining!

metro

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SCENE

Scene in brief

Simpsons coming to Springfield?

A businessman in Springfield, Ore., says it's time for the city to embrace its most famous fictional residents and create a shopping district with a Simpsons theme. Jack Koehler owns Sweety's Frozen Yogurt, and he says business has been up since he put a set of Simpson statues in front of his store. He thinks the city should get involved, and he's proposing that a few blocks of downtown Springfield be turned into a Simpsons-themed shopping district. The city's community relations manager, Niel Laudati, tells KVAL there's no demand from the public, and he doubts anyone wants to spend tax dollars to license cartoon characters. But Laudati says the city would get behind the idea if it would benefit downtown and if other business owners and the community supported it.
THE ASSOCIATED PRESS

On the web

Post-divorce, hope grows for a renewed film career for Katie Holmes

Bane is back, recast, reimagined and finally living up to all the hype. HANDOUT/WARNER BROTHERS

The best and worst of Batman

Dark Knight on the rise. It hasn't always been box office brilliance as Metro looks at the Caped Crusader's past

IN FOCUS
Richard Crouse
scene@metronews.ca

Sometimes even villains get a second chance. The Dark Knight Rises, the last entry in Christopher Nolan's epic Batman trilogy, digs deep into Caped Crusader lore to reintroduce brawny bad guy Bane.

The abnormally strong antihero first appeared in the comics in 1993 but after a ridiculous appearance in Batman & Robin earned the title as the worst onscreen Batman baddie. As a scrawny convict pumped up by a drug known as Venom, he did little except growl and act as the punch line for a bad joke by his creator Dr. Jason Woodrue. "I call this little number Bane," he says. "Bane of humanity!"

The movie killed the Batman franchise for seven years, and it looked like Bane, played by wrestler Jeep Swenson — Holy haberdashery, Batman who chose his bad lucha libre mask? — would also be relegated to the big scoundrel cemetery in the Sky.

Then Nolan cast Tom Hardy, got rid of the ridiculous mask and gave the brute a second chance. So Bane is back and super-evil, but how do other Batman big-screen baddies stack up on the Batscale of finest to vilest?

Ivy proved to be onscreen poison. HANDOUT/WARNER BROTHERS

The Joker became nothing more than a bad joke over time. HANDOUT/ABC

The Bat's Best

Cesar Romero and Jack Nicholson both played The Joker, Batman's arch nemesis, but Heath Ledger's Oscar-winning take on the psychotic clown in The Dark Knight is the most menacingly memorable.

Burgess Meredith made The Penguin's trademark squawking voice popular, but it was Danny DeVito in Batman Returns who really showed what a megalomaniacal monster he really was.

"You're just jealous because I'm a genuine freak and you have to wear a mask," he said. Batman has battled plenty of female foes but feline fiend Catwoman is the pick of the litter. Whether it's Lee Meriwether meowing, "You're going to see the purr-fect crime, when I get Batman in my claws," or Michelle Pfeiffer wielding a 12-foot bullwhip, the creepy kitty is fun enough for nine lifetimes.

The Winged-One's Worst:

Too many one-liners from Two-Face in Batman Forever left critics unable to turn the other cheek after Tommy Lee Jones's over-the-top performance. As played by Uma Thurman in Batman & Robin botanist-turned-eco-terrorist Poison Ivy proved that not even Mother Nature gets it right every time.

If for no other reason than the joke "Ice to see you!" Batman & Robin's cold-blooded killer Mr. Freeze (Arnold Schwarzenegger) makes the worst-of list. The Governator should've been sent to the cooler for his line-readings in this one.

On the web

Who was the best Batman and what did Anne Hathaway do to prepare for her role as Catwoman? Metro delved into the world of the Caped Crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katie Holmes. ALL IMAGES GETTY PHOTOS

Katie Holmes in another car accident

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur.

For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail.

Holmes and daughter Suri were leaving Suri's gymnastics class when their chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

No one was injured and a police report was filed once Holmes and daughter were home.

A few days earlier, a paparazzi vehicle hit the Mercedes while it was taking them home from a toy store.

Russell Brand

Russell Brand moving on from Katy Perry

Russell Brand is clearly moving on from soon-to-be ex-wife Katy Perry and is reportedly dating Isabella Brewster, a former talent agent and the younger sister of Dallas star Jordana Brewster, according to Us Weekly.

"It's been going on for a few weeks. He really likes her," a source says. "She's cute. She is all over him and Russell loves it."

Brewster previously dated Bradley Cooper and Heroes star Milo Ventimiglia.

The Word

Silverman saving Obama through sexual favours?

THE WORD
Monica Weymouth
scene@metronews.ca

Plenty of celebrities are hosting fundraising events for the Obama campaign, from Sarah Jessica Parker's swanky A-list party at her New York City apartment to Gwen Stefani's upcoming family picnic in Los Angeles. But only Sarah Silverman has offered sexual favours in exchange for campaign contributions.

In a short video titled An Indecent Proposal, Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade billionaire casino magnate Sheldon Adelson to cancel his $100 million check to Mitt Romney.

"If you give that $100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says.

"You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Miley Cyrus

Miley Cyrus' brother taken to hospital

Miley Cyrus' younger brother, Braison Cyrus, was rushed to the hospital when he started spitting up blood because of complications from a surgery.

"I got my tonsils out last week," Braison explained to his fans via Twitter. "Not sure what happened exactly but long story short my artery opened and I was (bleeding) a lot. All good now."

Braison's dad, Billy Ray Cyrus, thanked the hospital staff for helping — but not for posting a gruesome photo of his son sitting up in his hospital bed holding a bloody bucket he'd been coughing into.

Charlie Sheen

Sheen making big promises

Charlie Sheen is looking to do some good, vowing to donate one per cent of his profits from his new show, Anger Management, to the USO, a nonprofit that helps members of the U.S. military, according to Hollyscoop.

Sheen has declared he will donate a guaranteed $1 million, with no upper limit to what he'll donate should profits increase. The initial million marks the highest donation made to the organization from an individual.

Twitter

@MileyCyrus
How is it legal for men I've never seen before to sit in front of my house and then follow me around! So shady and scary

@YO_RANDYJACKSON
Who in their right mind buys gold shoes...

@ElizabethBanks
I cannot get enough of the Nestle Crunch Girl Scout Candy Bars!

@SteveMartinToGo
I'll be coming out as gay to promote my next bluegrass album but will return to straight after tour is over.

3 LIFE

Travel in brief

New Yorkers embracing ferry life

More than one million passengers have ridden ferries across the East River since the service was launched just over one year ago, New York City Mayor Michael Bloomberg said Monday. That's more than double in initial projection of 409,000 riders, Bloomberg said as he and City Council Speaker Christine Quinn rode the ferry from North Williamsburg in Brooklyn to Pier 11 in lower Manhattan to mark the milestone. The ferries, which make it fast and easy to reach waterfront businesses, parks and other locations, are popular with tourists as well as locals. The service was launched June 13, 2011 as a three-year pilot program. Boats sail from several Brooklyn and Queens locations to East 34th Street and Pier 11 in Manhattan. There is also weekend service to Governor's Island in the summer. They said the city will conduct a passenger survey on board the ferry, online and via telephone in order to improve service further. "Using our waterways as transportation corridors makes for a greener and more livable city and knits together rapidly growing neighbourhoods in new ways," Bloomberg said.

THE ASSOCIATED PRESS

On the web

Everything old is new again: Rodin Museum in Philly is reopening with the same look as in 1929

Hudson River Park: A destination for recreation

Urban oasis. A group of dedicated New Yorkers have turned a once-derelict patch of Manhattan into a place for outdoor fun

In the past decade, the decrepit piers and industrial zones along eight kilometres of the Hudson River on Manhattan's West Side have been utterly transformed.

Hudson River Park is now a destination that gets 17 million visits annually, with a bike path, green spaces, playgrounds and recreation ranging from mini-golf and skateboarding to kayaking and even stand-up paddleboarding. Melissa Lopez rented a bike a few weeks ago and was amazed at what she saw as she rode downtown through the park.

"It was gorgeous, like a little nature haven, beautiful flowers, trees, and only when you looked over to your left (at the buildings), did you realize you were in between a concrete jungle and this beautiful river," said Lopez, 29, who came in from her home in suburban Westchester for the day. "Everyone was doing something active — sunbathing, rollerblading, bike riding. There was one pier with a volleyball court with sand. I kept asking my boyfriend, 'Are we really in New York City?"'

Lopez's reaction is proof of just how much things have changed along the river. For much of New York City's history, "the waterfront was where the industrial areas were," said Madelyn Wils, president and CEO of the Hudson River Park Trust. "Then in the 1960s, the port business went away and the waterfront areas became so derelict they were an embarrassment. If you saw pictures of what this looked like even 10 years ago, you'd say, 'How could anyone let that happen?"'

Looking at the ribbon of spotless walkways, plantings and creative play areas along the river today between Battery Park City in Lower Manhattan and 59th Street, it's hard to imagine what Wils is describing.

But when she and other New Yorkers began working to create the park in the late 1990s, one of her goals as a mother of three living in Lower Manhattan was simply to make more places where kids could play. In 1998, the city and state provided land for the park, and construction began in 2001.

Last year's opening of Pier 25 in Tribeca, now one of the park's most popular areas with mini-golf and volleyball, was a crowning achievement.

There are still small sections along the water awaiting redevelopment — a pound for towed cars, a facility for Sanitation Department trucks — but the walkways and bike path are uninterrupted. (Wils says the park has "more bikes on the bike paths than anywhere else in the country — 6 million a year.") Between playgrounds, lawns, sports facilities, boating options and other amenities, the park's attractions number in the dozens.

"There are so many different boating opportunities in the park now," said Nancy Brous, metropolitan region director for the Hudson River Watertrail. Many of the programs are run by volunteers to educate New Yorkers who may never have been in a kayak or out on the river before, Brous said, but the walk-up kayaking programs also get "a lot of out-of-town visitors. This is something that's really going to be driving the tourist trade as time goes on and more people seek it out."

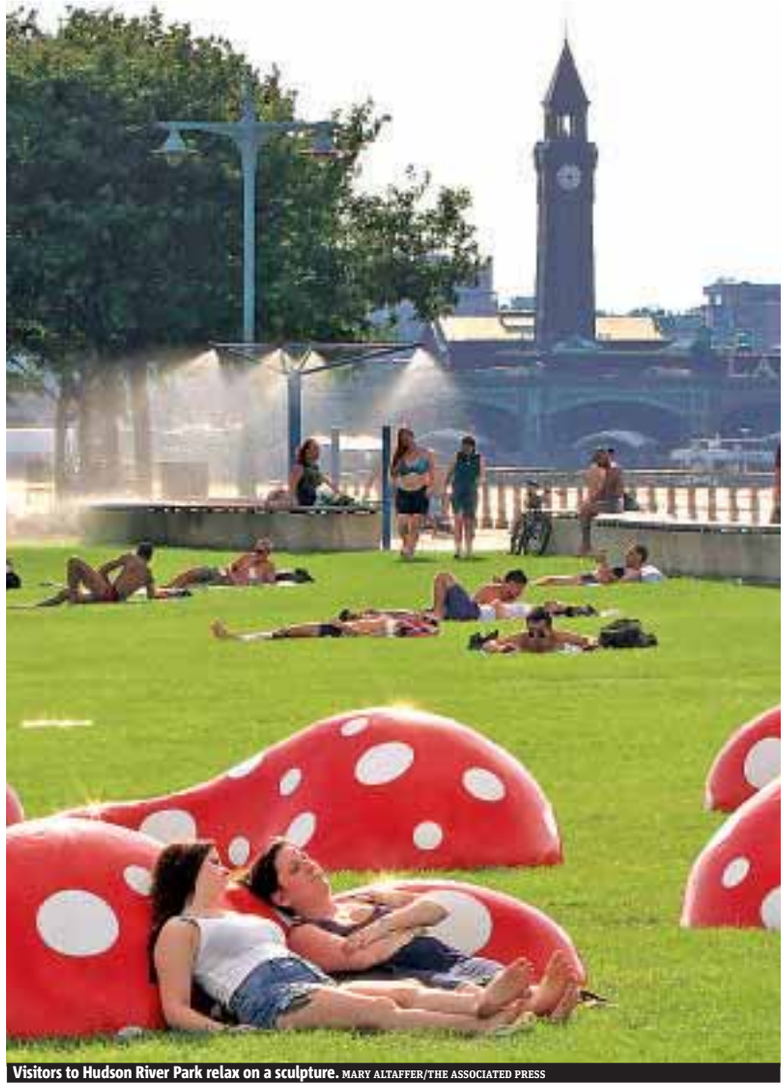
Another aspect of the recreational boating programs is teaching the public about the river. It's a tidal estuary, so the currents are strong, and the water can be murky as the tidal flow stirs up silt. "It's not crystal clear and you can't see that deep into it, but it's not pollution," Brous said. "People are very surprised when they learn about the water quality. Just by the birds you can tell it's clean — they're out there and they're catching fish."

Hudson River Park is also home to historic vessels that can be toured; public art like the AIDS memorial at 11th Street; yoga and other fitness programs; concerts, walks and talks, including a Sunday morning nature tour where participants learn about the park's 85 species of birds. Little wonder the park has started turning up in travel guides to New York City as an option for visitors looking for something to do besides shopping, theatre and museums.

THE ASSOCIATED PRESS

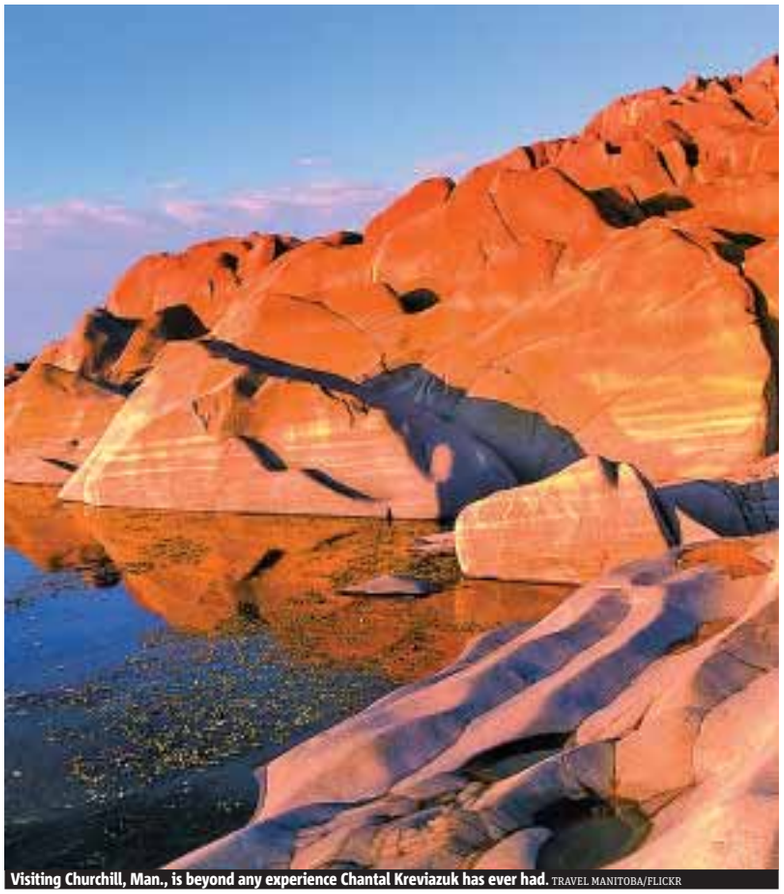
If you go...

- **Hudson River Park.** Battery Park City to 59th Street. Walkway, bike path, playgrounds, sports, boating. Detailed information on activities and calendar of events including fitness classes and concerts, hudsonriverpark.org.



Visitors to Hudson River Park relax on a sculpture. MARY ALTAFFER/THE ASSOCIATED PRESS

Eight kilometres along the Hudson River have been transformed. MARY ALTAFFER/THE ASSOCIATED PRESS



Visiting Churchill, Man., is beyond any experience Chantal Kreviazuk has ever had. TRAVEL MANITOBA/FLICKR

Churchill offers true solace for Chantal Kreviazuk

Reconnecting. Singer-songwriter loves taking time to unwind in the land of polar bears and dogsled runs

My favourite Canadian spot is Churchill, Man. I have been going there for years, for all sorts of reasons — ranging from personal trips, to program awareness building for Polar Bear International.

I have also gone to the region for a discovery voyage regarding my ancestors who used to run the land up at York Factory, the very origin of The Trade.

It is an adventure in the summer — you must have a rifle nearby, the polar bears roam about ... the belugas are feeding in the bay, it is beyond magical.

Chantal Kreviazuk
HANDOUT

This remote place offers true solace ... I find myself totally offline, and reconnected — to nature and humans ... everyone up there seems to be there for the same reasons ... it's the ultimate escape into "like-minds" or parallel intentions. Especially in Churchill in the winter, when it can get brutally cold, I feel like it's a true bonding experience with the other people up there.

The food is unexpectedly sophisticated and delicious, perhaps to completely blow away the common tourist, not sure ... but it's ridiculous.

Putting hot rocks in your mitts and boots, sitting by the fire with hot chocolate after a dogsled run ... or hanging on the tundra buggy for hours on end watching the polar bears in the behaviour patterns ... it is beyond any other experience I have had.

Every time I go, I truly feel like it's the first time back.

CANADIAN SINGER-SONGWRITER CHANTAL KREVIAZUK'S NEW CD/DVD SET IN THIS LIFE WAS RELEASED EARLIER THIS MONTH. RECORDED LAST SUMMER AT THE JACKSON TRIGGS AMPHIMEATRE, THE JUNO AWARD WINNER IS ACCOMPANIED BY THE NIAGARA SYMPHONY WHILE SHE PERFORMS HER HIT SONGS.

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clubmetro.com
VISIT clubmetro.com TO ENTER
WESTJET
*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

Get inspired by Asian flavours of bok choy and oyster mushrooms

ROSE REISMAN
for more, visit
rosereisman.com

The combined flavours of bok choy, mushrooms and this sesame sauce is outstanding.

I use whole oyster mushrooms for appearance as well as texture. Feel free to substitute other mushrooms, but it is best to slice them in large pieces.

I love to serve this alongside a fish or chicken dish.

1. Combine the soy sauce, sesame oil, oyster sauce, sugar, garlic, ginger and chili sauce in a small bowl and set aside.

2. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the mushrooms and sauté for 5 minutes or until tender. Add the sauce and cook for 2 minutes, until slightly thickened.

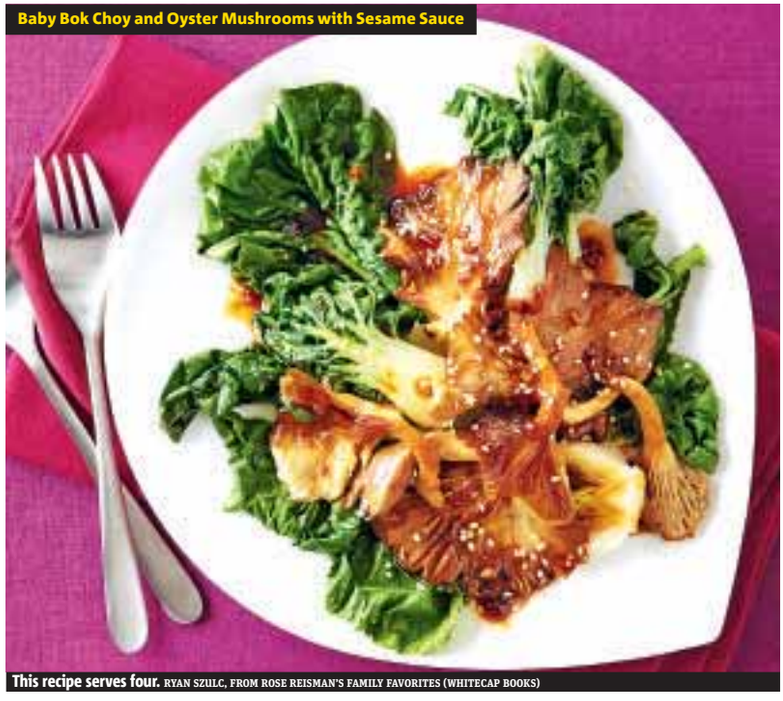
3. Place a shallow layer of water in a large saucepan and bring to a boil. Place the bok choy in the saucepan, cover and cook for 2 minutes or just until it is bright green.

4. Drain well and place on a serving dish. Top with the sautéed mushrooms and sesame sauce, sprinkle with sesame seeds and serve immediately. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Sesame Sauce
- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 1/2 tsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce

Vegetables
- 2 tsp vegetable oil
- 8 oz whole oyster mushrooms
- 6 baby bok choy
- 1 tsp toasted sesame seeds



Baby Bok Choy and Oyster Mushrooms with Sesame Sauce

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

'You put the lime in the coconut'

This delicious combination makes the perfect drink for those cool summer nights on the patio.

- 375 ml (1.5 cups) coconut milk
- 1 can (250 ml) frozen concentrate margarita mixers
- 250 ml (1 cup) white rum (optional)
- 1 l (4 cups) ice cubes
- 1 lime chopped for glass rim

In a blender, combine coconut milk, margarita frozen concentrate and rum, if using; add ice cubes. Pulse until blended and frothy, about one minute. **THE CANADIAN PRESS/ BACARDI MIXERS, RUM**

Asian Slaw. Teriyaki sauce nicely dresses up this crunchy side dish

This crunchy vegetable mix of broccoli and cauliflower hearts, red cabbage and carrots gets an Asian twist with a tofu teriyaki sauce. The slaw would be a good side to grilled meat or fish.

1. In a large bowl, place vegetable mix and add yellow pepper. Add tofu, along with oil and vinegar, and mix well.

2. Let mixture sit for 1 hour or overnight in refrigerator. Sprinkle with sesame seeds before serving.

THE CANADIAN PRESS/SUNRISE STIR-FRY TOFU N' SAUCE

Ingredients

- 1 pkg (350 g/12 oz) vegetable mix (broccoli, cauliflower, red cabbage, carrots)
- 1 sweet yellow pepper, sliced thinly
- 1 pkg (250 g/8 oz) stir-fry tofu cubes with teriyaki sauce
- 15 ml (1 tbsp) sesame oil
- 45 ml (3 tbsp) rice vinegar
- Sesame seeds, for garnish

Paper Clip Pork: One family's take on a Chinese BBQ staple

Chinese barbecue pork, or "char siu" in Cantonese, is a standard item found in every Chinese deli and restaurant. Not so traditional is one family's rather unique way of making it — with paper clips.

And the credit goes to uncle, Kin Woo. When he was a college student, he wanted to experiment with making traditional char siu. He says that "in the old days" in China, people would cook the pork in a clay or brick oven with a wood or charcoal fire underneath.

There were bars inside the oven with metal hooks that held the meat over the heat.

So one day, as family lore has it, he started fooling around with a paper clip. When he bent both ends into an S-shape, he discovered the perfect hook. And so the paper clips have been a trademark of his char siu for more than 30 years.

Ingredients

- 3- to 4-lb pork shoulder butt roast
- 8.5-oz jar hoisin sauce
- 1 cup white wine
- 1/3 cup of sugar
- 1 tbsp hot sauce
- 2 tsp kosher salt
- 24 large paper clips

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Cut pork lengthwise into 6 thick slabs. Cut each slab into 4 strips. Set aside.

2. In bowl, combine hoisin, wine, sugar, hot sauce and salt. Mix well until the sugar has dissolved. Add sliced pork and mix to ensure all of the meat is evenly coated. Cover and refrigerate for at least 24 hours.

3. When ready to cook, set one oven rack at the highest point. Remove the remaining racks. Heat the oven to 400 F.

4. Remove pork from refrigerator. Bend each paper clip, opening it to create a double-sided hook that resembles an S. One at a time, thread one side of a paper clip hook through one of the narrow ends of each strip of meat. If you hold one up by the paper clip, the meat should hang down vertically.

5. Open oven and, using oven mitt, pull rack forward. Set a rimmed baking sheet lined with foil under it (it will rest on the door for the moment).

6. One at a time, use paper clips to hook pork onto the oven rack so they hang down from rack's underside. When all meat is hung, push rack and rimmed baking sheet into the oven. Roast 45 minutes. When meat is cooked, carefully unhook and remove paper clips before serving.

TERRY WANG/ THE ASSOCIATED PRESS

Students, don't despair about debt

Getting in the red, without turning red.
Why education pays but BMWs don't

JELEEN YU
TalentEgg.ca

Let's face it. Debt happens.

It's a fact of life that almost all of us will need a little financial help at one point or another, whether it's for our home, car, livelihood, education — even our groceries.

Debt is an inevitable circumstance of life, and, for the most part, it's categorically evil.

But here's the kicker: Debt isn't always such a bad thing.

Loonie loop hole

"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly"
Finance blogger Youngandthrifty

The basics

Ever heard of good debt?

Yes, it's an oxymoron, strange and it seems mythical at best, but believe it or not there are some things out there worth owing money for.

Here's what's on the "good" list:

- Your home
- Your own business
- Your education

These are otherwise known as things that will increase in value over time and give you the best bang for your borrowed buck. Because you're borrowing to finance things that won't lose their value (and will actually earn you money in the long-run), this kind of debt is considered good and justifiable.

Bad debt, on the other hand, is money borrowed for things that will depreciate in value over time, sometimes even instantly (think: as soon as you leave the store!). Consumable goods like clothes, cars, video games and flat-screen TVs are expendables, as are pricey out-of-town trips you can't afford.

Apply yourself! Scholarships and bursaries can help to ease the strain of student debt. ISTOCK

Left unmanaged, this kind of debt could leave you facing years — even decades — of loan payback ahead.

And the worst "bad" debt you can make? Credit card debt, since it usually carries the highest interest rates and the most onerous payback schedules out there.

Education gives back

Student loans — burden-Canadians. In other words, government-backed student loans not only increase your future earning potential, they also give you a tax credit on the interest portion of the amount paid on your loan each year.

Check before cheque

Do your research

- It's important to note that the guidelines for a Canada Student Loan (CSL) vary from province to province, and the amount each student is granted depends on a lot of different factors.
- Doing your due diligence by visiting the National Student Loans Service Center's (NSLSC) website and CanLearn will help, as will considering other loan options like a low-interest line of credit from your local bank.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Balancing summer fun and summer funds

To the beach or the bank? How to save the money you make at your summer job

SAMANTHA SIM
TalentEgg.ca

For students, summer is a time to kick back, relax and enjoy the few months they don't have to study. But as the temperature rises so does the spending on social activities, which can eat away at money saved for the upcoming school year. So what can students do to help better balance their saving and spending this summer?

TD Canada Trust spokesperson Michelle Snow, group product manager for Everyday Banking, says the biggest financial mistake she sees students make is a complete lack of planning. "A lot of times it's just a complete lack of money-management altogether," she says. "They just live life as it goes by and don't plan."

Snow recommends three steps students should follow when managing their money this summer:

Plan Students should plan for their expected expenses (school, living costs and social life) and revenues (summer job, scholarships/bursaries, loans and parents). "Remember to pay yourself first," says Snow. "TD has a pre-authorized transfer service (PTS) that automatically moves a pre-set amount from your chequing to savings each time you're paid."

Don't be blue when the books come back and your piggy is empty. ISTOCK

Track It's important for students to keep track of how much and what they're spending their money on, especially if you go over budget.

Adjust "Remember that life is fluid and full of changes," says Snow. "Extra expenses and/or extra revenue streams can pop up. It's important to take this money into account and determine the best way to allocate it."

University of Waterloo life science student Jaynell Rosario worked part-time at a doctor's office during the day and as a soccer referee at night last summer. She says the best way she managed her money was immediately separating her paycheque into savings and spending the minute she was paid.

"When you get paid, divide your pay cheque into chunks. Still have fun, but save most of it because when the school year comes around you'll regret your summer overspending," she says. Snow suggests students check out student bank accounts with no monthly fees, or automatic saving programs that allow a fixed amount to be transferred from your chequing account to savings every time a debit transaction or ATM withdrawal is made. She says these can be helpful proactive tools for students to keep on top of managing their money.

Making her summer budget planning a family affair is what Ryerson University early childhood education student Patricia Alba found helpful in keeping on top of her spending.

"I sat down with my parents and laid out how much tuition, books and transportation would cost, plus spending money to hang out with friends," she says. "It helped to have that discussion with them and get their feedback."

SAMANTHA SIM IS A JOURNALISM STUDENT AT RYERSON UNIVERSITY AND AN ASPIRING BUSINESS REPORTER.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Tracking your toonies

Early childhood education student Patricia Alba on writing it all down:

- Alba advises students to keep an updated spreadsheet with a running total so spending can be easily tracked. There are also free online and mobile tools that allow you to track your spending, such as Mint.com.
- "Make a spreadsheet and remember to keep all of your receipts," she says. "This will definitely keep you organized and on top of your spending."

Academic advice

"Still have fun, but save most of (your money) because when the school year comes around you'll regret your summer overspending."
Jaynell Rosario, Student

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4 SPORTS

Golf

"It's been lovely just going about my business. It's been nice to sort of prepare and there's definitely not the madness that was going on last year."

Rory McIlory is enjoying the approach to this year's British Open much more than last year, when Rorymania was at its peak. Back then, the curly-haired Northern Irishman was coming off his first major victory — a runaway at the U.S. Open — and being heralded as the new face of a game desperate to move past Tiger Woods' stunning downfall. But since his eight-stroke win at the U.S. Open, McIlroy hasn't been much of a factor in the majors. He is just 23 years old, and even now, while admittedly mired in a bit of a slump, he's holding down the No. 2 spot behind Luke Donald in the world rankings.

"I don't think my game completely went off. Everyone has bad spells and I had a couple of bad weeks where I didn't play so well."

THE ASSOCIATED PRESS

Mobile sports

In the third week of racing, the Tour de France peloton is worn down. The nervousness of the first week has given way to physical and mental stress. At this point in the race, many of the riders left will simply hope to make it to the finish-line in Paris. Scan the code for the story.

Splitting cash a sticking point as NHL labour talks resume

Hockey. Negotiations continue with current bargaining agreement set to expire Sept. 15

The NHL and the NHL Players' Association are set to resume labour talks on Wednesday at the league offices in New York.

Total revenue of the league's operations is the biggest sticking point right now, and it's an important one.

The players like their cut right now. The owners don't.

The two sides met last Friday in another round of negotiations for a new collective bargaining agreement.

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported players would be forced to wait 10 years before becoming unrestricted free agents and contracts would be limited to five years — a major change considering Zach Parise and Ryan Suter decided to sign matching 13-year, $98-million US contracts with the Minnesota Wild.

NHLPA executive director Donald Fehr and NHL deputy commissioner Bill Daly are among those meeting Wednesday. The two sides have regularly met since opening talks June 29.

NHL commissioner Gary Bettman said after Friday's session, "We've got a lot of work to do in a relatively short period of time."

Fehr said he didn't know what kind of short time frame Bettman was talking about.

"The optimum would be to get a deal done as soon as you could," Fehr said, adding he viewed a strike as a "last resort."

"What a last resort means is you bargain in good faith, you do everything you can, you listen carefully to what the other side says, you make counter-proposals when you can, where you believe it's consistent with the kind of contract you believe is appropriate, and you keep at it until you get an agreement," he said. **THE ASSOCIATED PRESS**

Labour veteran

- Commissioner Gary Bettman oversaw the 1994-95 NHL lockout that forced a 48-game regular-season schedule.
- When labour problems lingered in 2004-05, Bettman shut down the league.
- It took years for the NHL to recover from the lost season.

Jays lose to Yankees again without ailing Bautista

Andruw Jones of the Yankees hits a three-run homer during the second inning Tuesday in New York. The Yankees defeated the Toronto Blue Jays 6-1. The Jays' Jose Bautista is on the 15-day disabled list but was relieved to learn there's no structural damage in his ailing left wrist. He thinks he could return as soon as he's eligible, though manager John Farrell said it's too early to tell. Bautista left Monday night's game feeling pain in his wrist after hitting a foul ball in the eighth inning. The Jays called up Anthony Gose from triple-A Las Vegas to fill the roster spot. MIKE STOBE/GETTY IMAGES

Cycling. Frank Schleck fails doping test at Tour

Frank Schleck of Luxembourg pulled out of the Tour de France and spent several hours in a police station in southwest France on Tuesday after failing a doping test.

The UCI said Schleck tested positive for a banned diuretic called Xipamide on July 14, another reminder of the doping cloud that has damaged the image of cycling — and its biggest event.

RadioShack team spokesman Philippe Maertens said Schleck went to the Pau police station of his own accord to co-operate with authorities. **THE ASSOCIATED PRESS**

Frank Schleck THE ASSOCIATED PRESS FILE

NHL

Stevens named assistant coach

Scott Stevens, a longtime New Jersey captain and defenceman, was named an assistant coach by the Devils on Tuesday.

Stevens, who was inducted into the Hockey Hall of Fame in 2007, was the first player to have his jersey retired by the Devils. His No. 4 hangs from the rafters at the Prudential Center, next to Scott Niedermayer (No. 27) and Ken Daneyko (No. 3), also defencemen who joined Stevens in leading New Jersey to three Stanley Cup titles (1995, 2000, and 2003). **THE ASSOCIATED PRESS**

NBA. Raptors unveil Kyle Lowry and Landry Fields

Point guard Kyle Lowry and swingman Landry Fields were introduced at the Air Canada Centre in Toronto on Tuesday.

Raptors general manager Bryan Colangelo said they are "giving the keys" to Lowry with hopes that he can become the cornerstone of a young, emerging team.

Lowry was acquired last week in a trade with the Houston Rockets that saw forward Gary Forbes and a protected future first-round draft choice go the other way.

The Raptors haven't been to the playoffs since the 2007-08 season, and haven't progressed past the first round since a 2001 East semifinal against Philadelphia that Lowry called "one of the best series I've ever witnessed on TV, period."

Lowry said he and Fields will help the team's defensive makeover, something that head coach Dwane Casey started last season with promising results. **THE CANADIAN PRESS**

Quoted

"Being given the keys I think I can drive this car to (becoming) a playoff team" Raptor Kyle Lowry

Aim getting better with age

Soccer. Canada's captain Sinclair developed her game while keeping up with big brother

Burnaby, B.C., native Christine Sinclair signs autographs after the championship game of the CONCACAF women's Olympic qualifying tournament against the United States at Vancouver's BC Place Stadium in January. RICH LAM/GETTY IMAGES

Whenever Mike Sinclair drives by the old house in Burnaby, B.C., he can't help but marvel at the fact it's still standing.

"It took a beating," Sinclair says with a laugh. "I don't know how it's still upright. But I guess that's what you get when you get two really competitive kids around the same age."

Those two kids were Mike and younger sister Christine, who would leave countless broken windows and scuffed walls in her wake en route to becoming Canada's finest women's soccer player.

"Oh God, our windows, our next-door neighbours' windows, the windows of our neighbours two houses down," he said. "We've broken more things."

The concrete basement floor of their three-bedroom house provided the perfect venue for everything from roller-hockey to golf to soccer.

Fast forward a couple of decades and Christine Sinclair's aim has definitely improved. The 29-year-old is Canada's leading goal-scorer and has the third-most international goals in women's soccer history, trailing Americans Mia Hamm and Abby Wambach.

She'll lead a squad that will be playing for a medal on sport's grandest stage — the No. 7 Canadians will open the London Olympic Games against third-ranked Japan on July 25.

Trying to keep up with her older brother on the streets and playgrounds over the years built a toughness in Sinclair that was well on display last summer, when the striker scored on a beautiful bending free kick against Germany at the women's World Cup moments after her nose was shattered. Canadian goalkeeper Erin McLeod said it looked "like a zigzag."

Her goal was the lone bright spot at an otherwise disastrous World Cup that saw the Canadians knocked out after the preliminary round without a win.

But Sinclair said spirits are high heading into London. The team hired Englishman John Herdman as head coach in the fall and went on to beat Brazil to win the Pan American Games in October.

With 12 returnees from the Beijing Olympic team, Sinclair said Canada will field a squad that is wiser from its experiences in China.

"It was the first time our soccer team had qualified, and none of us had been there before and we were all inexperienced," Sinclair said. "The Olympics can be overwhelming, but now that there's a core group of us who have been there before, we can sort of help the younger players know what to expect that we didn't know four years ago."

Such as not wasting energy chasing after superstar athletes.

"I remember our team four years ago trying to get pictures with people during times when normally in camp you'd be resting, lying in bed watching TV. But instead people were out stalking Lionel Messi and things like that. That needs to change." THE CANADIAN PRESS

Cup half empty

The Canadian women's team spent the past few months based in Vancouver, with training scheduled in three-week blocks with a week away in between to train at home.

- They spent several months before the World Cup in Rome, a grind that had players counting the days until they could go home.
- "Players were ready to go home.... That is not what your mindset should be at a World Cup or an Olympics," Sinclair said.

Basketball. London likely last hurrah for Canadian women's captain Gabriele

Every morning for the past several years, Teresa Gabriele has crawled out of bed in pitch darkness to stock bread.

The alarm rings at 3:45 a.m. and she's in her first store in Abbotsford, B.C., by 4:30, when most people are still fast asleep.

Not the most glamorous work for Canada's women's basketball captain, but her job with her family's bread business has allowed her to pursue her Olympic dreams — and her appearance in London will be the punctuation mark on an illustrious career.

The 32-year-old point guard from Mission, B.C., doesn't see her work as a sacrifice and scoffs at any suggestion she's put her life on hold.

Teresa Gabriele TORSTAR NEWS SERVICE

"This is my dream and what I love to do, so this is what I'm doing right now," Gabriele said after a practice Tuesday at the Air Canada Centre in Toronto.

Gabriele has been the mainstay of Canada's women's team for more than a decade, and is the only remaining player from the 2000 Sydney Games, the last time a Canadian basketball team has stepped onto sport's biggest stage.

"I'm thinking of retiring after this, so it's a storybook ending for me," Gabriele said. "I started my career very early with an Olympics and then to be able to end it with an Olympics, it's awesome."

The Canadians qualified for the Games at the 11th hour, beating Japan in a must-win game in a last-chance qualifier on Canada Day to earn the final berth.

"We were just telling everybody we wanted to qualify on Canada Day," Gabriele laughed about their nail-biting run through qualifying.

THE CANADIAN PRESS

Pistorius finishes second in final tuneup in Italy

South African double-amputee sprinter Oscar Pistorius finished second in a 400-metre race in Italy on Tuesday, his final tune-up for the London Olympics. Pistorius clocked 46.56 seconds — well off the personal best of 45.07 he ran at the same meet last year — to finish behind Calvin Smith of the United States. Smith won in 45.52. PAOLO GIOVANNINI/THE ASSOCIATED PRESS

Track. Blake on 'right path' after winning final race before Games begin

Yohan Blake warmed up for the London Olympics by timing 9.85 seconds to win the 100 metres at a meet Tuesday in Lucerne, Switzerland, his first competitive race since beating Usain Bolt twice at the Jamaican Olympic trials.

Blake was far from the fastest out of the blocks but powered through the field with legal wind assistance of 1.6 metres per second. Jamaica teammate Michael Frater was second in 10.

"Definitely I am on the right path for the Olympics," the 21-year-old world champion said. "This is where I am supposed to be. I want to remain unbeaten and that's what I am doing."

Only three-time Olympic champion Bolt (9.76) and 2004 Olympic winner Justin Gatlin (9.80) have run faster this season. THE ASSOCIATED PRESS

Quoted

"I didn't come here to run a quick time but it's still a fast time. Not many guys run 9.85."
Yohan Blake

Weather

Rain may go away for Games opening

The sun may, just may, shine on the London Olympics.

The Met Office, which forecasts the weather in one of the world's most fickle climates, said Tuesday the rain that has soaked England for weeks and kept temperatures cool could give way to sunshine in time for the opening ceremony on July 27.

Apart from raining on London's parade, the weather has been worrying organizers of equestrian and rowing events, where venues have been waterlogged by weeks of constant rain.

THE ASSOCIATED PRESS

5 DRIVE

If you're not worried about fuel prices ...

Second Gear.
2006 to 2010
BMW M5

JUSTIN PRITCHARD
Drive@metronews.ca

From 2006 to 2010, the E60 generation of BMW's M5 sedan offered up a slew of performance upgrades to handle the 500-horsepower output of the most powerful factory 5-Series yet.

The M5 isn't a car for the faint of heart — and high fuel and insurance costs mean a more modest 5-Series model with a smaller engine may make more sense for most shoppers who don't require the services of one of the fastest four-door cars on the planet.

What Owners Like

The last-generation M5 was praised by its owners for looks, exclusivity, performance, thrills, comfort and a high-quality cabin. Supportive seats and the convenience of a sedan were also highly rated.

What Owners Dislike

Many owners report frustration with terrible fuel mileage, and a rough and awkward feel to the M5's SMG transmission.

Common Issues

Ensure all electronics on the M5 you're considering are working as expected. Note that reports of a 'frozen' iDrive central command system aren't uncommon. Watch for warning indicators that may become illuminated on your test-drive, especially pertaining to the SMG transmission, if so equipped.

A full check of the M5's various (and complicated) electronics systems by a BMW service centre is key to confidence ahead of a purchase.

TORSTAR NEWS SERVICE

Engine

The M5 came exclusively with a 5-litre V10 developing 500 horsepower. Manual or SMG transmissions were available, and all models were rear-wheel drive.

Verdict

Many of its owners will verify that the M5 isn't a car that's ideal for those after fantastic fuel consumption or inexpensive repair bills. However, as a four-door rocket-sedan, it has virtually no equals.

On the Web

Scan code for more car reviews and news

Are you ready if disaster strikes at the wheel?

Like any machine, cars have countless parts that can break, fail or malfunction. Gas pedals can stick, wheels can fall off, and that flimsy glass windshield can be shattered faster than you can blink.

And with Mother Nature's ability to put drivers in potentially-fatal situations in a heartbeat, driving quickly amounts to one of the riskiest things we do on a daily basis.

Question is: are you prepared if disaster strikes at the wheel?

Here's a look at how to maximize your chances of survival in three of the likeliest worst-case scenarios.

Problem: You've just passed a car on the highway and you discover your throttle is stuck to the floor. You start to panic, and speed is piling on dangerously.

Possible Solution: Forget turning off the engine. The first course of action is to slip the vehicle into neutral. Doing so takes half a second, and physically decouples the engine from the wheels. In neutral, your vehicle can't accelerate — no matter how hard the throttle is pressed.

Once in neutral, brake and coast off to the side of the road. Turn the engine off, fix the problem and carry on. If your car has a stick-shift, pressing the clutch has the same effect.

The Problem: You're travelling at speed when a piece of ice or debris from the roof of a transport truck becomes dislodged and strikes your windshield. There's broken glass in your eyes, and your vehicle is now a projectile with a blind pilot.

Possible Solution: Ian Law is the chief instructor of the ILR Car Control School. He's been teaching advanced safe driving techniques for years — and recommends a pre-emptive approach to successfully tackling a catastrophic non-visibility situation.

"This is a scenario where staying focused on your driving pays off in dividends. A good driver will have been focused on their driving and the situation before the incident. This is called "situational awareness," and it involves processing all driving information so that the driver knows at all times what is around them — and where".

Translation? Practice being aware of what's around you at all times, and you've got better odds of surviving blindness at the wheel.

The Problem: You're driving through very thick fog, and suddenly discover that you're mere seconds away from plowing head on into the back of a massive pile-up. You're driving too fast to stop.

Possible Solution: Getting your vehicle out of the roadway is likely to offer a higher chance of survival — so aim for the ditch, not the pile-up.

You and your passengers can more easily survive a single impact entering the ditch than the numerous impacts likely in a pile-up situation.

Law adds, "I always say you are much better off waiting three hours for a tow truck to pull you out of a ditch than waiting 20 minutes to have the paramedics pull your body out of the wreckage."

JUSTIN PRITCHARD/FOR METRO

Horoscopes

♈ Aries
March 21 - April 20
Temptation will come knocking today. Do you answer the door and let it in or do you call on all your powers of self-control and ignore it? Only you can decide, but consider this: Is enjoying yourself really a sin?

♉ Taurus
April 21 - May 21
You may find it hard to control your emotions today. Pluto, planet of extremes, will make you a bit touchy and maybe a bit jealous too. So, watch you don't go over the top and say something you'll later regret.

♊ Gemini
May 22 - June 21
Someone you work with seems determined to find fault with everything you do and it's getting you down. All you can do is sit tight and wait for him or her to get fed up with his or her carping.

♋ Cancer
June 22 - July 23
Close your ears to gossip because hardly any of what you hear today will be true. Someone is trying to poison your mind against a person you have known and trusted for years. Don't fall for it.

♌ Leo
July 24 - Aug. 23
Steer clear of a feud that is none of your business. If you get involved, it will make it appear you have taken sides. Before you know it, you'll be involved in a war of words no one can win.

♍ Virgo
Aug. 24 - Sept. 23
The more others say you need to make changes, the more you must resist. This is not the right time to throw everything up in the air. That applies as much to your personal life as it does to your career.

♎ Libra
Sept. 24 - Oct. 23
Something you have grown used to over the years will go out of your life today but that's good because it has been taking up more time and space than it deserves. Make room for new things.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be silly and make promises you might want to back out of later on. And don't use emotional blackmail to get what it is you most desire. What will you do if your bluff is called?

♐ Sagittarius
Nov. 23 - Dec. 21
Both at home and at work you should strive for a more relaxed and forgiving attitude today — not because others deserve to be forgiven but because it will be you who suffers most if you get uptight.

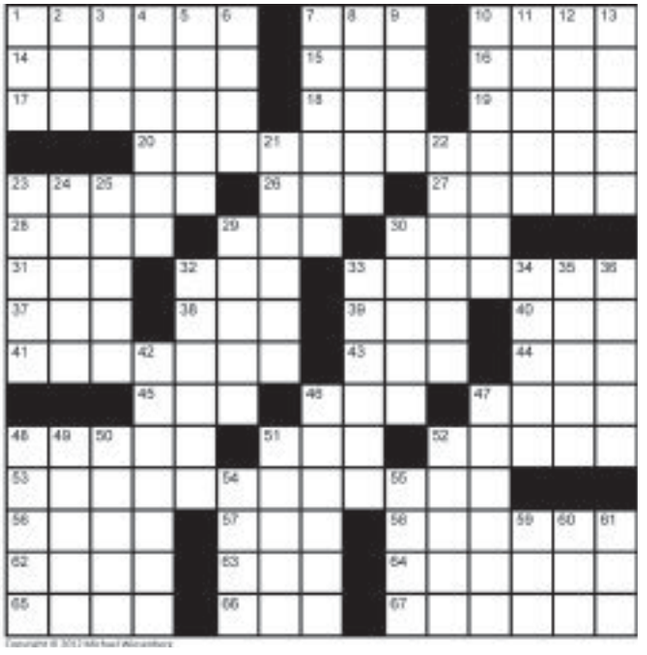
♑ Capricorn
Dec. 22 - Jan. 20
If things don't work out the way you plan today, chances are it's only a temporary setback. There's no need to panic. Have more patience with yourself and, most importantly, think long-term in everything you do.

♒ Aquarius
Jan. 21 - Feb 19
No matter how much others may say you should loosen the purse strings, you know it's the wrong thing to do. Luxury items must stay off your shopping list until such time as you can afford them.

♓ Pisces
Feb. 20 - March 20
Passions will be running high today, so think before you act both at home and at work. If someone in your family does not like the friends you hang out with come right out and ask them why. SALLY BROMPTON

Crossword: Canadianisms

BY MICHAEL WIESENBERG



Across
1. "No, really?" in Newfoundland
7. Canadian name for US calls soda
10. Isl. S of Aus.
14. Antique photos
15. One in the East
16. Concept, in Québec
17. Bend an elbow
18. "Sprechen ___ Deutsch?"
19. Track event
20. Hooch on Prairies; in ON, mix of beer, vodka, lemonade
23. Noted lover
26. Majors in acting
27. "Oye como va, mi ___"
28. Hatchet man
29. Pub mate
30. "But ___ me a canny hour ...": Burns
31. Crude msmt.
32. Guar ___
33. Tykes' clothing chain
37. Internet giant
38. *7 Faces of Dr.* ___
39. ___ possidetis: as you possess, at law
40. "Achtung Baby" producer Brian
41. Double 12-pack of Molson's or Moosehead
43. *Star Trek* letters
44. Scotsman's wee drappie
45. Car safety feature
46. E-I fill
47. Car roof with removable panels
48. Stadium cousin
51. Dog's bark
52. Poseur
53. Coffee with 2 creams, 2 sugars at 10-Down
56. Bards strings
57. Chevys, Cads
58. Electoral district: Canadian term
62. Green subj.
63. "Shoo!"
64. Fatigue cause
65. Nap
66. Sides in cricket
67. Swindled

Down
1. Fed. tax
2. Wu ___: tenet of taoism
3. PC program
4. RCA Victor dog
5. *Jungle Book* bear
6. 1914 Belgian battle line
7. Shoved
8. Cooling
9. Mackenzie tributary in YT and NT
10. Canada's quintessential fast food place, familiarly
11. "We owe you ___ of gratitude"
12. "Call 'em as I ___"
13. Montréal's underground
21. Hue and cry
22. Containing a certain precious element
23. Morocco capital
24. *The* ___ *Incident*: 1943 Western
25. ___ Yello soft drink
29. Hawaiian fests
30. Men's briefs, on the Prairies
32. ___ warming
33. Chinese self-defense
34. Place to eat, in PQ
35. Workers' group
36. Overly sentimental
42. Part of car's cooling system
46. What Canadians expect by late summer
47. PQ corner, variety, or convenience store
48. Holmes's adversary Irene
49. Rolls partner
50. Italian money
51. Sys ___: IT VIP
52. Either of two noted Roman authors
54. Frozen waffles
55. Boast
59. Baby-sitter's headache
60. Never: Ger.
61. Flit about

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3					7		2	
			4	2			9	
	8		6					1
	6	8		4				
1			3		6			4
				9		5	7	
4					9		5	
	3			1	5			
	5		2					8

Yesterday's Sudoku

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- A menu-planning tool
- A shopping list function linked to local promotions
- Geo-localised searches of restaurants, grocery stores, fruit stores, etc.

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